



P.E

Curriculum Map

Year 1 and 2

2025-2027

Map 1					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><u>Ball Skills 1</u></p> <p>Can I dribble a ball with my hand?</p> <p>Can I explore accuracy when rolling a ball?</p> <p>Can I explore throwing with accuracy towards a target?</p> <p>Can I explore catching with two hands?</p> <p>Can I explore dribbling a ball with my feet?</p> <p>Can I explore tracking a ball that is coming towards me?</p>	<p><u>Fundamentals</u></p> <p>Can I change direction when moving at speed?</p> <p>Can I recognize changes in my body when I exercise?</p> <p>Can I run at different speeds?</p> <p>Can I select my own actions in response to a task?</p> <p>Can I show hopping and jumping movements?</p> <p>Can I show balance and co-ordination when static and moving?</p>	<p><u>Team Building</u></p> <p>Can I follow instructions and work with others?</p> <p>Can I co-operate and communicate in a small group to solve challenges?</p> <p>Can I create a plan with a group to solve challenges?</p> <p>Can I use teamwork skills to work as a group to solve problems?</p>	<p><u>Sending and Receiving</u></p> <p>Can I roll a ball to a target?</p> <p>Can I track and receive a rolling ball?</p> <p>Can I send and receive a ball with my feet?</p> <p>Can I develop my throwing and catching skills?</p> <p>Can I send and receive a ball using a racket?</p>	<p><u>Striking and Fielding</u></p> <p>Can I develop under arm throwing and catching?</p> <p>Can I develop over arm throwing?</p> <p>Can I develop hitting a ball?</p> <p>Can I develop collecting a ball?</p> <p>Can I understand the rules of a game and use these to play fairly?</p>	<p><u>Athletics</u></p> <p>Can I develop a sprinting technique?</p> <p>Can I develop jumping for distance?</p> <p>Can I develop jumping for height?</p> <p>Can I develop throwing for distance?</p> <p>Can I develop throwing for accuracy?</p>

Map 2

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer	
<u>Yoga</u> Can I explore yoga and mindfulness? Can I copy and remember poses? Can I develop flexibility when holding poses? Can I develop balance whilst holding poses? Can I create yoga poses using a hoop? Can I create a yoga flow with a partner?	<u>Dance</u> Can I use counts? Can I copy, remember and repeat actions? Can I move confidently and safely? Can I use different body parts together and in isolation? Can I use appropriate movements for my ideas? Can I say what I liked about someone else's performance?	<u>Invasion Games</u> Can I understand the role of the attackers and defenders? Can I recognise who to pass to and why? Can I move towards a goal with a ball? Can I support my team mates when playing in attack?	<u>Gymnastics</u> Can I develop and combine travelling movements? Can I develop quality when linking shapes? Can I develop stability and control when performing balances? Can I develop technique and control when performing shape jumps? Can I develop technique in the barrel, straight and forward roll? Can I develop rolls and use them in a sequence? Can I link gymnastic actions to create a sequence?	<u>Target Games</u> Can I consider power when aiming at a target? Can I develop striking to a target? Can I develop hitting a moving target? Can I select and apply a skill to a target game?	<u>Fitness</u> Can I run for a long time? Can I develop jumping using timing? Can I develop co-ordination? Can I develop stamina and change direction? Can I develop exercises to develop strength? Can I develop agility and balance?